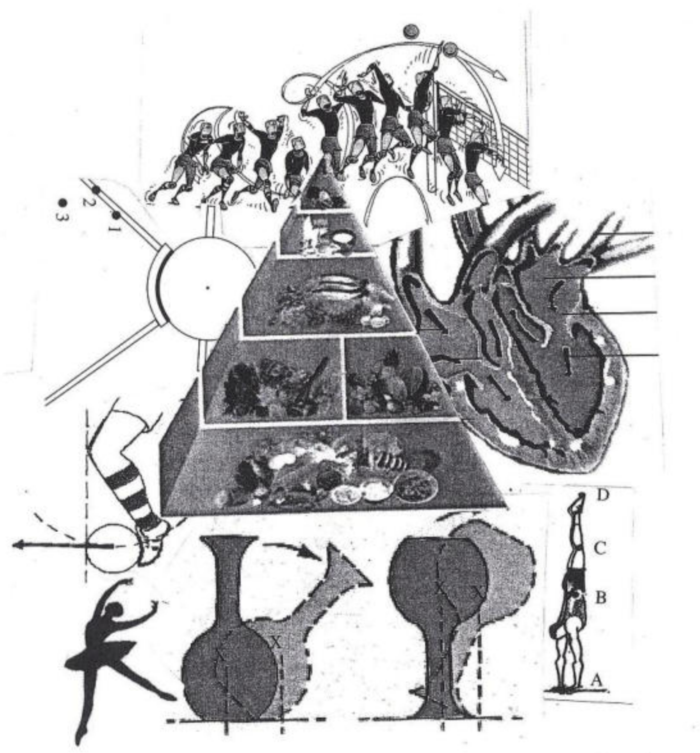
Confidential

Department of Examinations – Sri Lanka

G.C.E. (O/L) Examination – 2020

86 – Health and Physical Education

Marking Scheme



This document has been prepared for the use of Marking Examiners. Some changes would be made according to the views presented at the Chief Examiner's Meeting.

Amendments are to be included.

G.C.E. (O/L) Examination - 2020

Common techniques of marking answer scripts.

It is compulsory to adhere to the following standard method in marking answer scripts and entering marks into the mark sheets.

1. All assistant examiners must use a red colour ball point pen for marking answer scripts.
2. Chief Examiner must use a mauve colour pen.
3. Note down Examiner's Code Number and initials on the front page of each answer script. The digits must be written clearly when marks are indicated.
4. Write off any numerals written wrong with a clear single line and authenticate the alterations with Examiner's signature.
5. Write down marks of each subsection of each question in a △ as a rational number and write down the final marks of each question as a rational number in a □ . Use the column assigned for examiners to write down marks.
6. The arithmetic checker (EMF) must use a a blue or black pen to indicate the checking.

Example: **Question No. 03**

(i)	....	√	△ $\frac{4}{5}$
(ii)	....	√	△ $\frac{3}{5}$
(iii)	....	√	△ $\frac{3}{5}$
(03)	**Total**	➡	□ $\frac{10}{15}$

MCQ answer scripts:

01. Preparation of Templates

(i) Mark the correct options on the template according to the Marking Scheme.

(ii) Cut off the marked windows with a blade.

(iii) Cut off the cages for Index Number and the number of correct options so as to be able to place the template correctly on the answer script.

(iv) Cut off a blank space to the right of each options column to mark right or wrong

(v) Get the approval for the prepared template from the Chief Examiner.

02. **Then, check the answer scripts carefully. If there are more than one or no answers marked to a certain question write off the options with a line. Sometimes candidates may have erased an option marked previously and selected another option. In such occasions, if the erasure is not clear write off those options too.**

03. Place the template on the answer script correctly. Mark the right answers with a '√' and the wrong answers with a 'X'. Write down the number of correct answers inside the cage given under each column. Then, add those numbers and write the number of correct answers in the relevant cage. Write the converted mark in the relevant cage in the occasions where marks have to be converted.

Structured essay type and essay type answer scripts:

1. Cross off any pages left blank by candidates. Underline wrong or unsuitable answers and mark them as wrong. Show areas where marks can be offered with check marks.

2. Use the right margin of the overland paper to write down the marks.

3. Write down the marks given for each question against the question number in the relevant cage on the front page in two digits. Selection of questions should be in accordance with the instructions given in the question paper. Mark all answers and transfer the marks to the front page. Write off answers with lower marks if extra questions have been answered against instructions.

4. Add the total carefully and write it in the relevant cage on the front page. Turn pages of answer script and add all the marks given for all answers again. Check whether that total tallies with the total marks written on the front page.

Preparation of Mark Sheets.

I. Except for the subjects with a single question paper, final marks of papers will not be calculated within the evaluation board.

II. The Final mark relavant to each paper must be entered to the mark sheets separately.

III. Enter marks of paper I in ''Total Marks'' column of the mark sheet and write them in words as well.

IV. When the mark sheet of paper II is prepared, the final mark should be written in "Total marks" column after entering detailed marks.

V. For the subject 43 Art, Paper I, paper II and Paper III Marks should be entered numerically in the separate mark sheets and should also be written in words.

VI. For subjects 21 - Sinhala language and literature and 22 - Tamil Language and literature, paper I marks once entered numerically should be written in words. Use separate mark sheets for the papers II and III and enter the total marks in the ''Total marks column'' after entering the relevant detailed marks.

I. Final marks for paper I, paper II or paper III should always be entered to the mark sheet as a whole number. They should never be kept as decimals or half values.

II. The examiner who entered marks, the examiner who checked marks, the EMF and the chief examiner must certify the accuracy in all page of the mark sheets with their code numbers and signature.

***

2.0 Learning Outcomes covered by Paper I

2.1 The 40 questions in this section have been prepared referring the Health and Physical Education syllabi and Teachers' Guides. Special attention is paid to the student's remembering, understanding, applying, analysing, evaluating, and creating and the objective is to investigate up to what extent, the learning outcomes are developed within the student as a result of the new Education Reforms.

2.2 Instructions for awarding marks and the marks distribution for Paper II

2.2.1 One point should be awarded to each correct or most appropriate answer.

2.2.2 Marks should not be awarded for questions in which more than one answer choice is selected

OL/2020/86/E-I, II 11257

ශ්‍රී ලංකා විභාග දෙපාර්තමේන්තුව
இலங்கைப் பரீட்சைத் திணைக்களம்
Department of Examinations, Sri Lanka

86 | E | I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2020
கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2020
General Certificate of Education (Ord. Level) Examination, 2020

සෞඛ්‍යය හා ශාරීරික අධ්‍යාපනය I, II
சுகாதாரமும் உடற்கல்வியும் I, II
Health and Physical Education I, II

පැය තුනයි
மூன்று மணித்தியாலம்
Three hours

අමතර කියවීම් කාලය - මිනිත්තු 10 යි
மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
Additional Reading Time - 10 minutes

Use additional reading time to go through the question paper, select the questions you will answer and decide which of them you will prioritise.

Health and Physical Education I

Note :
(i) *Answer **all** questions.*
(ii) *In each of the questions from **1** to **40**, pick one of the alternatives (1), (2), (3), (4), which is **correct or most appropriate**.*
(iii) ***Mark a cross (X) on the number corresponding to your choice in the answer sheet provided.***
(iv) *Further instructions are given on the back of the answer sheet. Follow them carefully.*

1. Kumar, a handsome, popular athlete who is good at his studies, is leading his life according to religious beliefs. Accordingly, Kumar can be described as
(1) a skilled athlete.
(2) a popular athlete.
(3) an athlete free of diseases.
(4) a healthy athlete.

2. The principal of Handagama Vidyalaya conducted a shramadana with parents, teachers and villagers to disinfect the school premises. According to health promotion strategies, this activity belongs to
(1) formulate the policies.
(2) build a health promoting environment.
(3) obtain community participation.
(4) receive the required services.

3. A person who is living happily and actively while minimizing the risk of contracting illnesses and deformities is attempting to
(1) preserve the quality of life.
(2) lead a healthy life.
(3) lead an enjoyable life.
(4) lead a peaceful life.

4. A sprinter starts running forward in response to the sound of the pistol. The major organ systems that contribute to this action are
(1) muscular, skeletal, and respiratory systems.
(2) nervous, muscular, and circulatory systems.
(3) muscular, skeletal, and circulatory systems.
(4) nervous, muscular, and skeletal systems.

[see page two

- The following table lists the colours that represent the different nutritional statuses in a Body Mass Index (BMI) chart. Answer questions **5 – 7** based on this information.

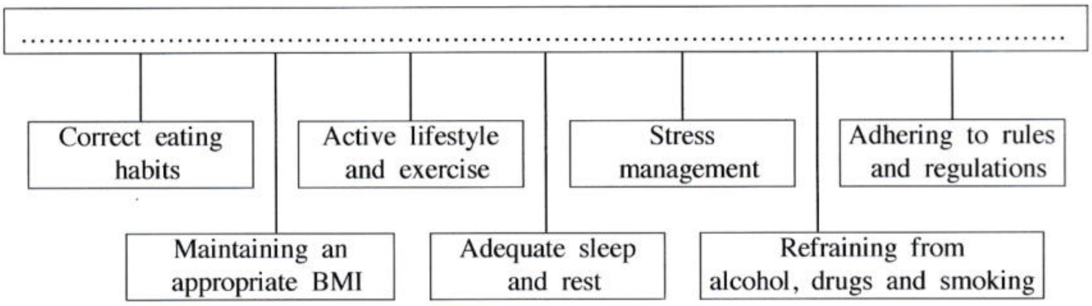
Nutritional status	Colour
Wasting	Orange
Normal weight	Green
Overweight	Light purple
Obesity	Dark purple

5. The colour that represents the nutritional status of an individual with a BMI of 29 could be
(1) orange. (2) green. (3) light purple. (4) dark purple.

6. The BMI of a person belonging to the orange zone of the chart could be
(1) 17.5. (2) 22. (3) 27. (4) 28.5.

7. A person with good physical fitness belongs to the
(1) dark purple zone. (2) light purple zone.
(3) green zone. (4) orange zone.

8. Select the option that contains the most suitable theme to fill in the blank of the following diagram.



(1) A lifestyle suitable to maintain total health
(2) The actions that should be taken to develop total personality
(3) Factors required for an active lifestyle
(4) Actions that should be followed to promote health

9. What is the tube in which food travels from mouth to stomach by peristaltic movements during the digestion process?
(1) Duodenum (2) Oesophagus (3) Small intestine (4) Large intestine

10. While engaging in a physical activity, an athlete rotates his arm 360 degrees at the shoulder joint. Accordingly, his shoulder joint acts as a
(1) hinge joint. (2) pivot joint.
(3) ball and socket joint. (4) gliding joint.

11. A person is suffering from the following symptoms.

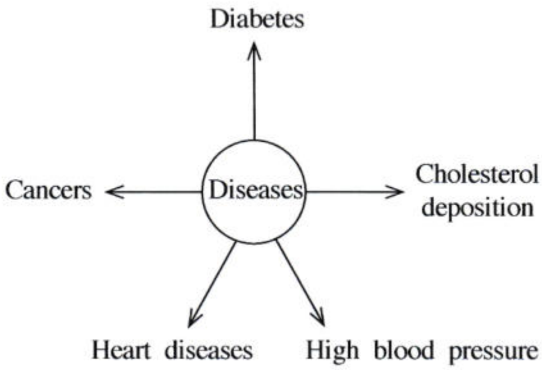
- High fever
- Dry cough
- Painful itching of throat
- Difficulty in breathing
- Runny nose
- Dry throat

The above person could be suffering from
(1) whooping cough.
(2) COVID–19.
(3) tuberculosis.
(4) diptheria.

[see page three

12. The most important action that should be taken to prevent the spread of Dengue fever is
(1) destroying mosquito breeding grounds.
(2) using mosquito nets and mosquito repellents.
(3) fumigating the home garden and the environment.
(4) wearing clothes that cover the body.

13. Several non-communicable diseases are listed in the following diagram.



The major cause for contracting the above-mentioned diseases is,
(1) excessive consumption of food rich in sugar.
(2) excessive consumption of food rich in fats and oils.
(3) excessive consumption of food rich in salt and chillie.
(4) careless lifestyle.

14. Some information about a certain disease is given below.
- This disease weakens the immune system.
- The infection can be detected using ELISA and Western Blot tests.
- The infection is caused by a virus growing only in living cells.

This disease could be
(1) genital warts. (2) HIV/AIDS.
(3) gonorrhoea. (4) syphilis.

15. As a trained first-aider, the first thing that you should do when you come across a patient with breathing difficulties would be,
(1) taking the patient to the nearest hospital.
(2) bringing a doctor immediately.
(3) taking actions to get the assistance of neighbours.
(4) giving artificial respiration according to the correct procedure.

16. Nishi is 27 days old. Kavi is 3 years old. The choice of answer containing the stages of life of these two persons in the correct order is
(1) infant stage and late childhood.
(2) neonatal stage and early childhood.
(3) prenatal stage and infant stage.
(4) infant stage and early childhood.

17. All of us had crabs for lunch. After sometimes itching, rashes and red eyes were evident in my sister. The above conditions could have been developed in my sister due to
(1) a food allergy. (2) food spoilage.
(3) food adulteration. (4) food poisoning.

18. When Cheka saw an elderly person who could not cross the road by himself, realising his need she quickly went to him and helped him to cross the road. The quality of Cheka that was evident at this incident is
(1) empathy. (2) sympathy. (3) kindness. (4) sensitivity.

[see page four

19. Low birth weight is defined as an infant born weighting
(1) 1.5 kg or less. (2) 2.0 kg or less.
(3) 2.5 kg or less. (4) 3.0 kg or less.

- Study the pairs of events A, B and C and answer question **20**.

A - [Giving proper immunization to children
Children contracting some infectious diseases

B - [Subjecting to mental stress for a longer period
Increased risk of developing mental illnesses such as depression

C - [Chewing betel, smoking, and consuming alcohol as a habit
Tendency to develop cancers in the digestive system and the respiratory system

20. The pairs of events of which the **increase** of the first event results in the **increase** of the second event is
(1) A and B. (2) B only. (3) B and C. (4) C only.

21. A runner who is taking part in the 1500 meter event should take
(1) the bullet start. (2) the medium start.
(3) the elongated start. (4) the standing start.

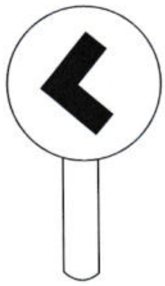
22. A starter gave the following three commands to start some events.
- On your mark
- Get set
- Go/Sound of the pistol

The events that the starter could have started are
(1) 1500 m running and 200 m running.
(2) 4 × 100 m relay and 800 m running.
(3) 4 × 100 m relay and 4 × 400 m relay.
(4) 1500 m running and 3000 m running.

23. When organizing an inter-house sportsmeet, which of the following is **not** a task of the main organising committee?
(1) Planning the events.
(2) Conducting the events.
(3) Preparing all documents required for the events.
(4) Controlling all activities related to the sportsmeet.

24. To find the directions, a jungle explorer should carry a
(1) compass. (2) road map. (3) torch. (4) mobile phone.

25. A referee showed me the Posting board given in the diagram while I was taking part in a race walking event. He showed this to indicate that
(1) both of my feet were not in contact with the ground.
(2) one of my feet was not in contact with the ground.
(3) I have bent my knees while walking.
(4) I have been disqualified from the event.



26. During running and walking, the balance is maintained by,
(1) maintaining the centre of gravity at a lower position.
(2) widening the supporting base.
(3) leaning the body forward.
(4) moving hands and legs in opposite directions.

[*see page five*

- The following table lists some events of four female athletes. Answer questions **27 – 29** based on this information.

Athlete No.	Events took part
15	Long jump, tripple jump
26	High jump
37	Pole vault
48	110 m Hurdles

27. Of these female athletes, the number/s belonging to the athlete/s who has/have taken part in vertical jumps is/are
(1) 15. (2) 26. (3) 15 and 48. (4) 26 and 37.

28. Athlete No. 48 has taken part in
(1) a horizontal jump. (2) steeple chase.
(3) a track event. (4) an obstacle run.

29. The number/s belonging to the athlete/s who has/have participated in horizontal jumps is/are
(1) 15. (2) 26. (3) 15 and 48. (4) 26 and 37.

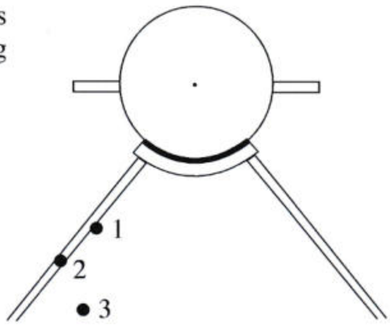
- Athletes A, B, C, and D of the 4 × 100 m relay team show the following abilities related to receiving and passing the baton. Answer question No. **30** and **31** based on this information.

A – Good at receiving the baton
B – Good at receiving and passing the baton
C – Good at passing the baton
D – Good at receiving and passing the baton

30. Of these athletes, the athlete who is the most suitable to start the relay is
(1) A. (2) B. (3) C. (4) D.

31. The athletes who are most suitable for the first and second changing zones are
(1) A and B. (2) A and C. (3) B and D. (4) C and D.

32. Denoted by 1, 2 and 3 of the following diagram are the positions where the shot landed at the three attempts of a thrower during a shot put event. Of these throws, the correct landing/s is/are
(1) 1 only.
(2) 3 only.
(3) 1 and 3 only.
(4) 1, 2 and 3.



33. The nutrient that should be taken much by the players who are engaging in sports such as football that require more endurance compared to other players is
(1) carbohydrates. (2) proteins. (3) lipids. (4) vitamins and minerals.

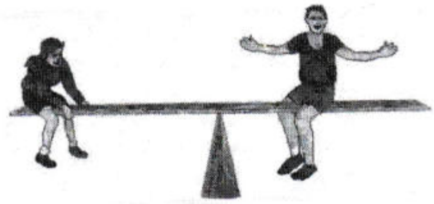
34.



The supporting leg of the ballet dancer shown in the diagram acts as
(1) a Type I lever.
(2) a Type II lever.
(3) a Type III lever.
(4) Type I and Type II levers.

[see page six

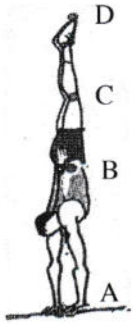
35. Consider the following statement and the reason related to the activity which is shown in the diagram given below.



Statement – The seesaw in the diagram is balanced on the pivot.
Reason – The forces acting on the right and left sides of the center of gravity of the seesaw (which is on the pivot) are equal.

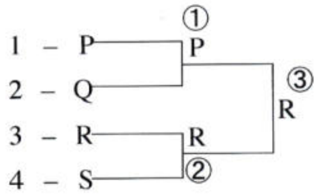
Select the correct answer choice regarding the statement and the reason.
(1) The statement is correct while the reason is incorrect.
(2) The statement is incorrect while the reason is correct.
(3) The statement and the reason are correct.
(4) The statement and the reason are incorrect.

36.



When a gymnast is doing a handstand as shown in the diagram, his centre of gravity is located at point
(1) A.
(2) B.
(3) C.
(4) D.

37. The fixture of a volleyball tournament of four teams P, Q, R and S, which was prepared after a draw among the four teams, is shown in the diagram. This draw is prepared
(1) correctly according to the league method.
(2) incorrectly according to the league method.
(3) correctly according to the knockout method.
(4) incorrectly according to the knockout method.



38. The combined event/s in which both male and female participants are competing is/are
(1) Pentathlon. (2) Decathlon.
(3) Pentathlon and Heptathlon. (4) Heptathlon and Decathlon.

- Study the pairs of events A, B and C and answer question **39**.

A - [Using banned performance enhances in sports over a long period
Risk of causing harmful effects to the body

B - [Watching the television while sitting daily for longer periods
Ability to improve health-related physical fitness

C - [Practising the correct running drills
Developing speed

39. The pairs of events of which the **increase** of the first event results in the **increase** of the second event are
(1) A and B. (2) B only. (3) A and C. (4) C only.

40. The city and the country in which the 2020 Olympic Games were planned to be held, but could not be held due to the COVID–19 pandemic are
(1) Tokyo, Japan. (2) Beijing, China.
(3) Sydney, Australia. (4) London, England.

* *

[see page seven

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இலங்கைப் பரீட்சைத் திணைக்களம்

රහස්‍යයි
அந்தரங்கமானது

අ.පො.ස. (සා.පෙළ) විභාගය - 2020
க.பொ.த (சா.தர)ப் பரீட்சை - 2020

විෂයය අංකය / பாட இலக்கம்: **86**

විෂයය / பாடம்: **Health and Physical Education**

I පත්‍රය - පිළිතුරු
I பத்திரம் - விடைகள்

ප්‍රශ්න අංකය வினா இல.	පිළිතුරු අංකය விடை இல.	ප්‍රශ්න අංකය வினா இல.	පිළිතුරු අංකය விடை இல.	ප්‍රශ්න අංකය வினா இல.	පිළිතුරු අංකය விடை இல.	ප්‍රශ්න අංකය வினா இல.	පිළිතුරු අංකය விடை இல.
01.	4	11.	2	21.	4	31.	3
02.	3	12.	1	22.	3	32.	2
03.	1	13.	4	23.	3	33.	1
04.	4	14.	2	24.	1	34.	2
05.	4	15.	4	25.	3	35.	3
06.	1	16.	2	26.	4	36.	2
07.	3	17.	1	27.	4	37.	3
08.	1	18.	1	28.	3	38.	2
09.	2	19.	3	29.	1	39.	3
10.	3		3		3		1

විශේෂ උපදෙස් / விசேட அறிவுறுத்தல் } එක් පිළිතුරකට ලකුණු / ஒரு சரியான விடைக்கு **01** බැගින් / புள்ளி வீதம்

මුළු ලකුණු / மொத்தப் புள்ளிகள் **01 × 40 = 40**

පහත නිදසුනෙහි දක්වෙන පරිදි බහුවරණ උත්තරපත්‍රයේ අවසාන තීරුවේ ලකුණු ඇතුළත් කරන්න.
கீழ் குறிப்பிடப்பட்டிருக்கும் உதாரணத்திற்கு அமைய பல்தேர்வு வினாக்களுக்குரிய புள்ளிகளை பல்தேர்வு வினாப்பத்திரத்தின் இறுதியில் பதிக.

නිවැරදි පිළිතුරු සංඛ්‍යාව / சரியான விடைகளின் தொகை: 25 / 40

I පත්‍රයේ මුළු ලකුණු / பத்திரம் I இன் மொத்தப்புள்ளி: 25 / 40

3.0 Summary of Marks Distribution of Paper II

3.1 The seven questions included in this paper are prepared after carefully studying the Health and Physical Education syllabi and the Teachers' Guides. Special attention is paid to the student's remembering, understanding, applying, analysing, evaluating, and creating and the objective is to investigate up to what extent, the learning outcomes are developed within the student as a result of the new Education Reforms.

3.2 Instructions for awarding marks and the marks distribution for Paper II

3.2.1 The total marks for Paper II is 60.

3.2.2 Paper II consists of three parts: Question 1, Part I and Part II. Question 1 is compulsory and consists of 10 short questions. Part I and Part II contains six questions, three questions from each part. Students are instructed to answer four questions by selecting at least two questions from each of the two parts.

3.2.3 Except for the compulsory question, the maximum marks that can be awarded for each question in Part I and Part II is 10. The mark distribution for each question is indicated in the marking scheme. Further, the suggestions for modifications provided at the Chief Controller's Meeting must be added to this marking scheme.

Distribution of Marks (Paper I and Paper II)

Question No.	Part	Marks	Question No.	Part	Marks
01.	i	02	05.	i	02
	ii	02		ii (a)	01 } 3
	iii	02		(b)	02
	iv	02		iii	05
	v	02			**Total 10 marks**
	vi	02			
	vii	02	06.	i	02
	viii	02		ii (a)	01
	ix	02		(b)	02
	x	02		iii (a)	01 } 5
		Total 20 marks		(b)	04
					Total 10 marks
02.	i	02			
	ii	03	07 A.	i	02
	iii	05		ii	03
		Total 10 marks		iii (a)	01 } 5
				(b)	04
	i	02			**Total 10 marks**
03.	ii	03			
	iii (a)	03 } 5	07 B.	i (a)	01
	(b)	02		(b)	01
		Total 10 marks		ii	03
				iii (a)	01 } 5
04.	i	02		(b)	04
	ii	02			**Total 10 marks**
	iii	02			
	iv	02	07 C.	i	02
	v	02		ii	03
		Total 10 marks		iii (a)	01 } 5
				(b)	04
					Total 10 marks

- Marks for Paper I - 40
- Marks for Paper II - 60
- Total marks - 100

Paper II with Answers and Marks Distribution

> ✱ *Answer **five** questions only, selecting question* **No. 1**, ***two** questions from* **Part I** *and **two** questions from* **Part II**.

Question No. 01 – Compulsory question

Learning outcome: To investigate the ability to work toward total health

1. During the last extended school vacation, all the members of the Jayashri family spent the mornings engaging in gardening. They grew vegetables such as string beans, winged beans and brinjal, green leaves such as Gotukola and spinach, and manioc. The trees such as coconut, jak, mango, and banana were also there in the garden. The fresh produce collected from the garden became very useful for mother who was always concerned about preparing healthy meals. During that time period, they completely avoided junk food and instant food. They worked efficiently to maintain cleanliness of the environment as well. There, they cleared the places where water was accumulated, and produced compost using waste.

During leisure times, all family members played games such as Chess which develops mental health, and in the evenings, they played cricket. On some days, the children played minor games such as 'fishing-net' by setting their own rules and regulations.

Answer the questions from (i) to (x) **using the above incident**.

(i) Mention **two** activities that lead to the improvement of health-related physical fitness of Jayashri family.

(ii) Write **two** good food habits followed by the members of the Jayashri family.

(iii) Suggest **two** actions that the mother of Jayashri family can follow when preparing home-grown green leaves, to protect their nutritional value.

(iv) Write **two** food items that could be found from the garden of Jayashri family, which help to minimize constipation that their grandfather is suffering from.

(v) State **two** benefits that the Jayashri family can gain by maintaining the cleanliness of the environment.

(vi) Write **two** social skills that could be developed within these family members by working together.

(vii) Name **two** other games they can play in addition to the game mentioned in the given incident to develop their mental health.

(viii) Name the category of sports to which Cricket belongs, and state another game which belongs to the same category that can be played by them.

(ix) State **two** other features which can be seen in the minor game they created, except the feature mentioned in the incident.

(x) Write **two** benefits they will gain by engaging in sports.

(02 × 10 = 20 *marks*)

(i)

(a)

- Gardening
- Playing cricket
- Playing minor games
- Working actively

01 Mark for each correct answer; 01 × 2 = 02 marks

(ii)

- Consuming healthy meals
- Avoiding junk and instant food
- Consuming fresh foods (fruits, vegetables, green leaves)

01 Mark for each correct answer; 01 × 2 = 02 marks

(iii)

- Wash green leaves before cutting
- Consume green leaves such as gotukola as raw preparations (salad, *sambol*)
- Add ingredients such as coconut, dry fish, green chillies, salt, and onions when preparing green leaves
- Add natural flavouring agents such as cinnamon, *rampe*, curry leaves, garlic, and ginger when making *mallum*
- Prepare mixed green leaf *mallum*
- Add iodized salt to green leaf preparations
- Add lime juice to mallum when it is not warm
- Cook *mallum* within a short period so that the dark green colour is preserved
- Temper green leaves such as *Kankun* with some oil

01 Mark for each correct answer; 01 × 2 = 02 marks

(iv)

- Gotukola
- Mango
- Winged beans
- Spinach
- Banana
- String beans …..

01 Mark for each correct answer; 01 × 2 = 02 marks

(v)

- Prevent from communicable/infectious diseases such as Dengue
- Can get a bigger harvest at a minimum cost by composting (by recycling waste)
- Can enjoy mental satisfaction

01 Mark for each correct answer; 01 × 2 = 02 marks

(vi)

- Ability to work collectively
- Ability to work as a team
- Respecting the views of others
- Respect others
- Develops unity ………….

01 Mark for each correct answer; 01 × 2 = 02 marks

(vii)

- Checkers ('*Daam*')
- Scrabble
- Carrom
- Card games
- '*Pancha dameema*' ………

01 Mark for each correct answer; 01 × 2 = 02 marks

(viii)

- Organized games

01 Mark for the correct answer

- Volleyball
- Football
- Elle
- Netball
- Basketball
- Hockey ………

01 Mark for each correct answer
01 + 01 = 02 marks

(ix)

The following can be decided according to the players' preference;

- Play area
- Number of players
- Duration of the play
- Equipment used
- Judges
- Scoring system ……………

01 Mark for each correct answer; 01 × 2 = 02 marks

(x)

- Develop physical fitness
- Spend the leisure time productively
- Accept victory and defeat realistically
- Reduce mental stress
- Develop the ability to adhering to rules and regulations
- Achieve entertainment and satisfaction
- Ability work collectively
- Provides relaxation ……………….

01 Mark for each correct answer; 01 × 2 = 02 marks

Total marks for the question: 02 × 10 = 20 marks

To include modifications if any

Part I

*Answer **two** questions only.*

Question No. 02

Learning otcome: To investigate the ability to work towards the prevention of infectious diseases

2. A large number of deaths are reported around the world due to COVID-19 which has developed into a global pandemic recently.

(i) Name the causative agent of the above disease and the organ system that is directly affected by the disease. (02 *marks*)

(ii) State **three** actions that have been taken by the Sri Lankan government to prevent the spread of COVID-19. (03 *marks*)

(iii) Write **five** actions you should take to prevent being infected from this disease. (05 *marks*)

(i)

(a) Coronavirus / SARS-CoV-2 / COVID-19 virus

01 Mark for the correct answer

(b) Respiratory system

01 Mark for the correct answer

01 + 01 = 02 marks

(ii)

- Conduct awareness programmes
- Educate the public about the disease through recorded messages on mobile phones and telephone
- Educate the public through media (television, radio, newspapers, Facebook, notice boards, leaflets, posters ……)
- Impose curfew
- Provide PCR testing facilities free of charge
- Establishing and maintaining quarantine centres (free of charge or at a reasonable rate)
- Temporarily shutting down the schools, government and private institutions, commercial centres, shopping centres, etc. until further notice
- Allow only the essential services and essential institutions to operate
- Home delivery of essential goods
- Provide doorstep banking facilities
- Providing an allowance for low-income families
- Arranging charter flights for Sri Lankans staying abroad and directing them for quarantine
- Temporarily shutting down the airports
- Imposing laws that help to prevent the spread of the disease
- Punish the people who are breaking rules
- Provide medical facilities for patients
- Establish hospitals/wards dedicated to COVID-19 patients
- Providing COVID-19 vaccination free of charge …………

01 Mark for each correct answer; 01 × 3 = 03 marks

(iii)

- Thoroughly wash hands with soap and water
- Use hand-sanitizer
- Wear a face mask that completely covers your mouth and nose
- Use hand gloves
- Maintain social distancing (1.5 m distance between two people)
- Cover your nose and mouth using a napkin or your elbow when sneezing
- Avoid sharing personal utensils and clothes with others
- Avoid public gatherings
- Be physically active

- Get adequate rest and sleep
- Consume a healthy, balanced diet
- Consume foods that boost immunity: Citrus fruits (lemon, lime …), pineapple, mango, avocado, garlic, turmeric ……
- Immediately consult a doctor if symptoms appear
- Inhale steam three times a day
- Avoid touching your mouth, nose, eyes, ears and face
- Wear a face shield

01 Mark for each correct answer; 01 × 5 = 05 marks
Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

Question No. 03

Learning outcome: To investigate the ability to practice good food habits

3. Sri Lankans are facing numerous nutritional problems at present due to macronutrient and micronutrient inadequacies.

(i) (a) State the **two** nutritional problems that are faced by people due to excessive and insufficient intakes of macronutrients.

(b) State separately, **one** feature that can be seen in people suffering from each of the two nutritional problems you mentioned in question (i)(a). (02 *marks*)

(ii) Three micronutrient deficiency conditions faced by some students are listed below. Name one symptom of a disease that results from each of the listed deficiency conditions.

(a) Iodine deficiency

(b) Iron deficiency

(c) Vitamin A deficiency (03 *marks*)

(iii) (a) Write with examples, an action that can be taken by the students to minimize each of the three nutritional deficiencies mentioned in question (3)(ii). (03 *marks*)

(b) State **two** actions that have been taken by the Sri Lankan government to minimize the nutritional deficiencies mentioned in question (3)(ii). (02 *marks*)

(i)

(a) Excessive: Overnutrition
Insufficient: Malnutrition

01 Mark for mentioning the two 02 conditions correctly;
½ Marks for mentioning 01 condition correctly

(b)

Overnutrition:

- Overweight
- Obesity

Malnutrition

- Stunting
- Wasting
- Paleness
- Low body weight

01 Mark for mentioning two 02 features (separately);
½ Marks for mentioning 01 feature correctly
01 + 01 = 02 Marks

(ii)

(a) Iodine deficiency:

- Enlarged thyroid gland (Goitre)
- A decrease in thyroxin production
- Learning difficulties
- Retarded mental growth

(b) Iron deficiency

- Anaemia
- Paleness
- Trouble learning and remembering
- Lethargy
- Fatigue
- Low birthweight babies
- Growth retardation

(c) Vitamin A deficiency

- Night blindness
- Bitot's spots
- Dryness in the eye (Xerophthalmia)
- Poor eyesight
- Diseases of the respiratory tract (e.g. cold)
- Diarrhoea

01 Mark for each correct answer; 01 × 3 = 03 marks

(iii)

(a) Iodine deficiency

- Use iodized salt when cooking
- Add fish and seaweed to your diet
- Limit consumption of vegetables containing goitrogen (e.g. cabbage, reddish)

Iron deficiency

- Frequently consume foods containing heme iron (animal proteins: red meats, fish)
- Avoid consumption of tea and coffee within 1-2 hr after main meals
- Take iron tablets after consulting a doctor (under a doctor's prescription)
- Add fruits to your diet
- Add lime and dry fish (Maldive Fish) to green leaf preparations such as gotukola

Vitamin A deficiency

- Increase the daily intake of green and yellow vegetables and fruits

01 Mark for each correct answer; 01 × 3 = 03 marks

(b)

- Providing oral Vitamin A drops
- Provide iron tablets to school children
- Encourage the consumption of iodized salt
- Organize nutrition awareness programmes
- Identify the deficiency conditions through school medical inspections (SMI)
- Provide folic acid tablets to pregnant mothers (free of charge)
- Conduct School Sanitation Surveys annually with the help of Public Health Inspectors (PHI) to identify and prevent infectious diseases
- Compulsory Health Education from Grade 1 to 9
- Impose regulations through government circulars to ensure that only healthy foods are sold in school canteens…….

h correct answer; 01 × 2 = 02 marks

03 + 02 = 05 Marks

Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

Question No. 04

Learning outcome: To investigate the skills required to overcome challenges faced during day-to-day life

4. Briefly explain how you would act to overcome the following challenges successfully.

(i) Your brother/sister who is in Grade 10 tells you that it is difficult to stay at home doing nothing, as the school vacation is extending.

(ii) You get to know that your friends are planning to hold a party which results in violation of quarantine rules.

(iii) You see that a neighbouring family with a low income has become helpless during the curfew period.

(iv) Your friend tells you that he/she could not engage in regular training and physical fitness activities during this long vacation because he/she had to stay at home, trying out various foods and asks you what he should do for it.

(v) After COVID-19 curfew, which was imposed to prevent the spreading of the disease is lifted, your mother asks you to bring some essential items from the nearby grocery store.

(02 × 5 = 10 *marks*)

(i)

- First, help him to overcome laziness and improve concentration/mental stability.
- Advise him to make a timetable to cover-up school work that he missed because he has to sit for GCE (O/L) Examinations next year.
- Direct him to follow on-line classes conducted by the school.
- Explain that he must get used to self-studying because schools cannot be opened because of this condition.
- Explain that he must engage in house-hold activities as well.
- Encourage him to spend his leisure time effectively.

02 Marks for any answer that implies a similar meaning

(ii)

- Tell him that he should not disobey the quarantine rules and regulations imposed by the government.
- Strictly advise him that he should not violate the quarantine rules and regulations imposed by the government because they have been introduced to ensure his safety as well as public safety.
- Warn him that if he fails to follow the quarantine rules, measures will be taken to inform the relevant authorities (PHI, Police).

02 Marks for any answer that implies a similar meaning

(iii)

- Look after the low-income family without violating quarantine rules.
- Discuss with parents and neighbours and provide financial and essential goods to them.
- Inform the *Grama Niladhari* and other relevant authorities and make arrangements to fulfil their basic needs

02 Marks for any answer that implies a similar meaning

(iv)

- Explain the importance of engaging in training and physical fitness exercises with the limited facilities he/she has under this pandemic situation.
- Direct him/her to persons who are suitable to provide advice related to this condition.
- Tell him/her that he/she can get reliable information from the media if he/she has facilities.
- Prepare a schedule to engage in physical activities/training by managing time effectively.
- Explain to him/her that he/she should plan his/her diet to fulfil the nutrient requirements.
- If he/she does not have access to facilities, instruct him/her plan training using his/her prior knowledge and my knowledge.
- Instruct him to engage in physical activities on-line

02 Marks for any answer that implies a similar meaning

(v)

- Prepare the grocery list with my mother.
- Thoroughly wash hands and wear a mask and before leaving the house.
- Purchase goods and make payments within the shortest possible time while maintaining social distancing and following quarantine rules.
- Thoroughly wash hands before entering the house. Have a body wash or a bath.
- Clean all goods before taking them into the house.

Maximum 02 marks for any answer that implies a similar meaning

Total marks for the question: 02 × 5 = 10 marks

To include modifications if any

Part II

*Answer **two** questions only.*

Question 05

Learning outcome: To investigate students' knowledge about muscle fibre types and energy systems usage of athletes and giving first aid to athletes

5. The following table shows some details of muscle fibres that are abundantly found in arms and legs of a weightlifter and a marathon runner who won Gold Medals at Olympic Games. Accordingly, answer the questions given below.

The special characteristic of muscle fibres	Athlete A	Athlete B
Colour	White	Red
Contraction speed	High	Low
Anaerobic respiration	High	Low
Aerobic respiration	Low	High

(i) (a) Write separately, the letters that denote the weightlifter and the marathon runner.

(b) In addition to the characteristics listed in the table, mention one other characteristic of the muscle fibres that could be found abundantly in the arms of the weightlifter. (02 *marks*)

(ii) (a) Creatine Phosphate ⟶ Creatine + Phosphate + energy

Which of the two athletes uses the above-mentioned energy system to produce most of the energy during his/her event? (01 *mark*)

(b) Briefly explain the reasons for your answer. (02 *marks*)

(iii) An athlete participating in an event of your schools's inter-house sports meet leaves the field because of a muscle strain (torn muscle). Assuming you are a member of the first aid unit briefly explain how you would give first aid to him/her. You are equipped with a bed sheet, ice cubes, bandages, a piece of cloth and a supporting object only. (05 *marks*)

(i)

(a) Weightlifter - Athlete A
Marathon runner - Athlete B

01 Mark for the two correct answers

(b)

- More stored fuel (glycogen)
- Less resistant to fatigue
- More involvement in high impact sports
- Less involvement in long-duration exercise ……..

01 Mark for a correct answer
01 + 01 = 02 Marks

(ii)

(a) Weightlifter / Athlete A

01 Mark for the two correct answers

(b)

- The weightlifter spends a very short time for his event.
- He needs instant energy for the event.
- Energy can be produced rapidly using the energy system shown in the question (to resynthesize ATP).
- Therefore, the weightlifter uses the energy system shown in the question to produce energy during his event.

02 Marks for an answer that implies a similar meaning
01 + 02 = 03 Marks

(iii)

- I will use the RICE method.

R – Rest – Spread the sheet on the ground and allow the patient to lie down

I – Ice – Apply ice (covered by a cloth) to the injured area of the leg

C – Compression –Wrap a bandage around the injured area (slightly compress the injured area)

E – Elevation – Elevate the injured leg slightly above the level of the heart using the supporting object

Award maximum (05) marks for an answer that implies a similar meaning (with all components explained in the correct order)

Award 05 marks if the PRICES method is described in the correct order as follows:

P – Protection – Protect the injured leg
R – Rest (described above)
I – Ice (described above)
C – Compression (described above)
E – Elevation (described above)
S – Support – Provide support to the patient until he recovers

e question: 02 + 03 + 05 = 10 marks

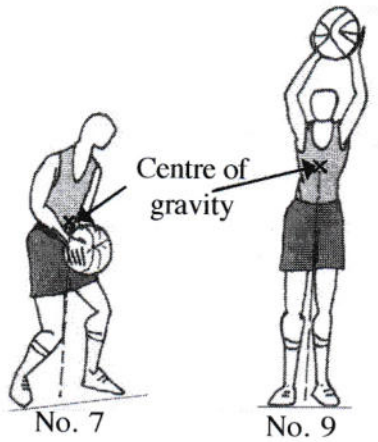
To include modifications if any

Question No. 06

Learning outcome: To investigate the ability to apply biomechanical principles for different postures in system

6. (i) Mention one example each of a static posture and a dynamic posture that you would maintain while you are practicing the march past of the inter-house sports meet. (02 *marks*)

(ii)



The diagram shows two occasions in which players 7 and 9 are holding the ball during a basketball game.

(a) Out of these two players, write the number of the player who is more stable.(01 *marks*)

(b) Give reasons for your answer. (02 *marks*)

(iii) (a) In a relay race, during the baton change, the third runner dropped the baton within the changing zone. Which runner should pick the baton to complete the race? (01 *mark*)

(b) Assume you are given the task of training the Under 16, 4 × 100 m relay team and you have taught a baton changing method to them. Design and write **two** suitable activities to practice the baton changing method you taught earlier. (04 *marks*)

(i)

- Static postures:
  - Standing in attention
  - Standing at ease

- Dynamic postures:

- About turn
  -
  - Forward march
  - Right turn
  - Left turn
  - Halt
  - Complement on the march

01 Mark for 1 correct answer; 01 × 2 = 02 marks

(ii)

(a) Player No. 7

01 Mark for the correct answer

(b)

- Because player no. 7 has bent his knees, his centre of gravity is in a lower position compared to that of player no. 9.
- The supporting base of player no. 7 is wider than that of player no.9.

02 marks for mentioning both reasons correctly.
01 Mark for mentioning one reason correctly.

01 + 02 = 03 Marks

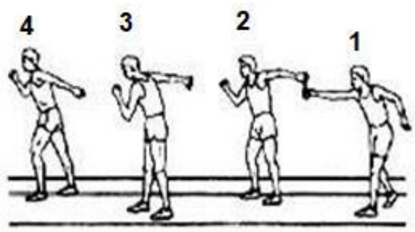
(iii)

(a) Third runner

01 Mark for the correct answer

(b)

Activity 1:



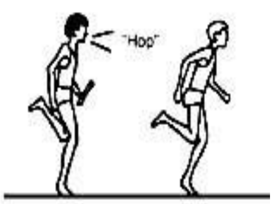
- Instruct 4 students to stand in a line as shown in the diagram.
- The 1st student will carry the baton in his right hand and pass it to the left hand of the 2nd student.
- The 2nd student will carry the baton in his left hand and pass it to the right hand of the 3rd student.
- The 3rd student will carry the baton in his right hand and pass it to the left hand of the 4th student.

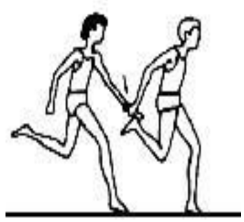
Activity 2:

- Practise the baton change as described above while walking and brisk walking.

Activity 3:

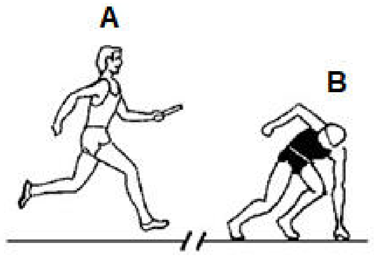
- Two students will practice baton changing while walking.
- Then the two students will change the baton while running as shown in the following diagram.





Activity 4:

- Runner B starts running forward as runner A approaches a pre-marked point as shown in the following diagram.
- Then the two athletes exchange the baton while running.



02 Marks for each answer describing any of the above activities or any other suitable activity; 02 × 2 = 04 marks

01 + 04 = 05 marks

Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

Question No. 07

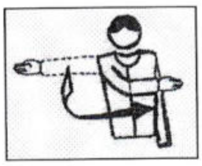
Learning outcome: To investigate the understanding about skills, rules and egulations related to volleyball, netball and football

7. Answer only **one** question from the questions **A**, **B** and **C**.

A. (i) State **two** skills of volleyball. (02 *marks*)

(ii) During a volleyball match between the teams of Western and North Western provinces, the players of the Western province team committed rotational faults. Explain with reasons, your decision in this instance as a referee. (03 *marks*)

(iii) (a)



The diagram shows an official hand signal given by a volleyball referee. What is indicated by this signal? (01 *mark*)

(b) If you have been provided with 12 players and two volleyballs, select one of the skills you mentioned in question A(i), and design and write **two** suitable activities to develop the proficiency of the selected skill in players after teaching it. (04 *marks*)

(i)

- Service/serving
- Receiving
- Setting
- Spiking
- Blocking
- Courrt defending

01 Mark for each correct answer; 01 × 2 = 02 marks

(ii)

- It is a fault.
- Award service and a point to the North Western province team.
- Reposition the players in the correct order.

01 Mark for each fact listed above; 03 marks for an answer that includes all three facts

(iii)

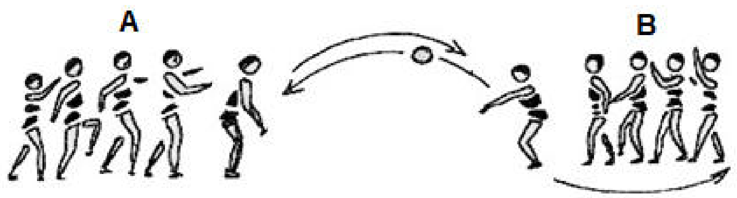
(a)

- Authorization to serve
- Moving hand indicates the direction of servisr

01 Mark for the correct answer

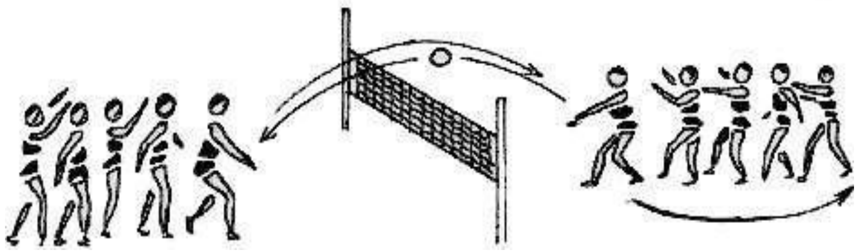
(b)

Activity 1



- Divide students into two groups and line them up as shown in the diagram.
- The first player of row A does the receiving according to the correct technique and moves to the back of his row.
- Repeat this process.

Activity 2



- Practice the above activity with the net (lowered; as shown in the diagram).
- The first team who completes the receiving skill will be the winner

02 Marks for each answer describing any of the above activities or any other suitable activity; 02 × 2 = 04 marks
01 + 04 = 05 marks

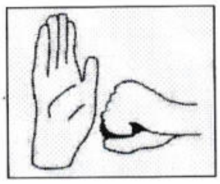
Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

B. (i) (a) Mention the **two** main netball passing skills. (01 *mark*)

(b) Write one example for each of the two passing skills you mentioned above. (01 *mark*)

(ii) During a netball match between the teams of Central and Uva provinces, the ball went out of court from the sidelines as two opposing players made simultaneous contact. Explain with reasons, your decision in this instance as an umpire. (03 *marks*)

(iii) (a)  The diagram shows an official hand signal used by a netball umpire. What is indicated by this hand signal? (01 *mark*)

(b) If you have been provided with twelve players and two netballs, select one of the passing skills you mentioned in question B(i)(a), and design and write **two** suitable activities to develop the proficiency of the selected skill in players after teaching it. (04 *marks*)

(i)

(a)

- Single arm passes
- Double arm pass

01 Mark for each correct answer; 01 × 2 = 02 marks

(b)

- Single arm passes:
  - Shoulder pass
  - High shoulder pass
  - Bounce pass
  - Under arm pass
  - Lob pass

- Double arm passes:
  - Chest pass
  - Side pass
  - Overhead pass
  - Bounce pass
  - Lob pass

01 Mark for an answer that includes two correct examples (separately)
01 + 01 = 02 Marks

(ii)

- It is a fault.
- Award a toss up/throw up to the two players involved in the incident near the place in the court where the infringement occurred.

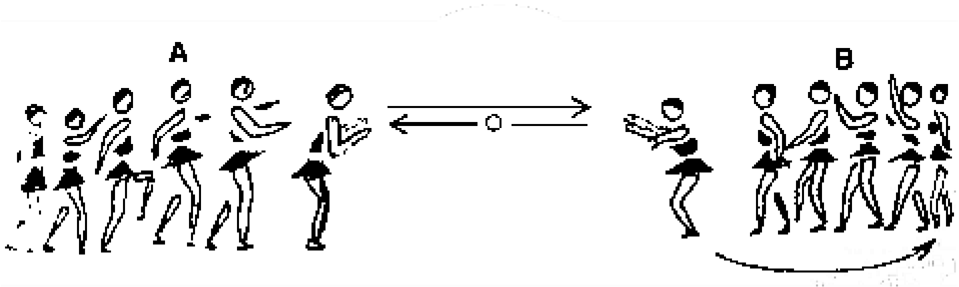
01 Mark for mentioning that it is fault;
02 marks for the decision
01 + 02 = Marks

(iii)

(a) Personal cotact

01 Mark for the correct answer

(b)



- Divide students into two groups (6 players per group) and line them up as shown in the diagram.
- The first student of A team passes the ball to the first student of B team using the chest pass.
- Repeat this process.

suitable activity; 02 × 2 = 04 marks

01 + 04 = 05 marks

Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

C. (i) Mention **two** types of football kicks. (02 *marks*)

(ii) During a football match between the teams of Northern and Southern provinces, a player of Northern team deliberately pushed a player of Southern team inside the penalty area. Explain with reasons, your decision in this instance as a referee. (03 *marks*)

(iii) (a) 

The diagram shows a signal given by a football referee. What is indicated by this signal? (01 *mark*)

(b) If you have been provided with 16 players and two footballs, select a football kick you mentioned in question C(i), and design and write **two** suitable activities to develop the proficiency of the selected kick after teaching it to the players. (04 *marks*)

(i)

- Kicking with the toe
- Kicking with the inside of the foot
- Kicking with the outside of the foot
- Kicking with the instep
- Kicking with the inside of the in step
- Kicking with the outside of the in step
- Kicking with the heel

01 Mark for each correct anser; 01 × 2 = 02 marks

(ii)

- It is a major offense
- Award a penalty kick to a player of the Southern team at the penalty mark

01 Mark for mentioning that it is fault;
02 marks for the decision
01 + 02 = Marks

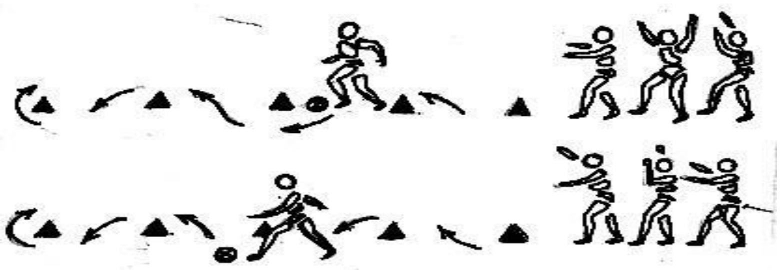
(iii)

(a) Corner kick

01 Mark for the correct answer

(b)

An example of an activity for kicking with the inside of the foot



- Cones are placed 1 m apart as shown in the diagram.
- Divide students into two groups (8 players per group) and line them up as shown in the diagram.
- Provide each group with a ball.
- Instruct the first player of each team to kick the ball in a zig-zag motion (as shown in the diagram).
- Repeat the process.
- The first team who completes the activity will be the winner.

02 Marks for each answer describing a suitable activity; 02 × 2 = 04 marks
01 + 04 = 05 marks

Total marks for the question: 02 + 03 + 05 = 10 marks

To include modifications if any

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